

## Selected Resources to Support Nutrition Services

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The following is a list of selected resources to support nutrition services in early childhood programs. These resources, and many others, are available through the Nutrition Resource Library located at the Connecticut State Department of Education. A *Nutrition Resource Catalog* may be viewed online at [www.state.ct.us/sde/deps/nutrition/index.htm](http://www.state.ct.us/sde/deps/nutrition/index.htm). For additional information, or to borrow resources, please contact:

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### Nutrition and Menu Planning

*Building Blocks for Fun and Healthy Meals, A Menu Planner for the Child and Adult Care Food Program.* U.S. Department of Agriculture, 2000. <http://www.fns.usda.gov/tn/Resources/buildingblocks.html>

*CARE Connection Training Program, Volume I (Introduction to the CARE, Nutrition Needs of Young Children, Meal Patterns for the CACFP, Planning Menus for Young Children).* National Food Service Management Institute, 1997.

*CARE Connection Training Program, Volume II (Basic Food Preparation for Young Children, Food Safety and Sanitation in Child Care Centers and Family Day Care Homes, Managing Mealtime with Young Children).* National Food Service Management Institute, 1997.

*CARE Connection Training Program, Volume III (Nutrition Education for Young Children, The CACFP in Child Care Centers and Family Day Care Homes).* National Food Service Management Institute, 1997.

*Child Care Recipes – Food for Health and Fun.* US Department of Agriculture, 1999. [http://www.fns.usda.gov/tn/Resources/childcare\\_recipes.html](http://www.fns.usda.gov/tn/Resources/childcare_recipes.html)

*Connecticut Cooks for Kids: A Collection of Recipes from Childcare Providers Throughout Connecticut.* Ellen Shanley, Colleen Thompson and Susan Fiore. Connecticut State Department of Education and the University of Connecticut, 1996.

*Feeding in Primary Care Pregnancy Through Preschool: Easy-to-Read Reproducible Masters.* Ellyn Satter, 2004.

*Healthful Menus and Recipes for Children Over 2 Years of Age in the Child and Adult Care Food Program.* Pennsylvania Department of Education, 1996.

*Healthy Heart Snack Choices Resource Guide.* Cornell Cooperative Extension, 1996.

*Making Food Healthy & Safe for Children: How to Meet the National Health and Safety Performance Standards – Guidelines for Out-of-Home Child Care Programs.* National Center for Education in Maternal and Child Health, 1997.

*Multicultural Snacks.* Susan Hodges, Warren Publishing House, 1995.

*Nutrition and Feeding for Infants and Children: Handout Masters.* Ellyn Satter, 2004.

*Nutrition Guidance for Child Care Centers: CACFP Training Package.* U.S. Department of Agriculture, 1995.

*Nutrition Policies and Guidance for the Child and Adult Care Food Program.* Connecticut State Department of Education, 2004.



## Selected Resources to Support Nutrition Services, continued

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### Nutrition Education for Preschoolers

- Arizona "Five a Day" for Better Health Activity Book.* Arizona State Department of Education, 1991.
- Chef Combo's Fantastic Adventures in Tasting and Nutrition.* National Dairy Council, 1995.
- Cooking Up the Pyramid: An Early Childhood Nutrition Curriculum.* Katherine Brieger, 1993.
- Food and Nutrition Resource List for Child Care and Preschool Staff.* Food and Nutrition Information Center, September 2004. <http://www.nal.usda.gov/fnic/pubs/bibs/edu/98-child.htm>
- Food and Nutrition Resources for Grades Preschool Through 6:* Food and Nutrition Information Center, June 2000. <http://www.nal.usda.gov/fnic/pubs/bibs/edu/preschool.html>
- Food Groupie Early Nutrition Education Program.* Food Groupie, Inc., 1992.
- Food Guide Pyramid for Young Children.* U.S. Department of Agriculture, 2005. <http://www.mypyramid.gov/>
- Go, Grow, Glow.* U.S. Department of Agriculture, 1996. <http://www.fns.usda.gov/tn/Resources/goglowgrow.html>
- Kids' Club Cubs and the Search for the Treasures of the Pyramid.* Barbara Mayfield, Indiana WIC Program, Indiana State Department of Health, 1992.
- Kids' Club: Nutrition Learning Activities for Young Children.* Barbara Mayfield, Indiana WIC Program, Indiana State Department of Health, 1992.
- Michigan Team Nutrition Booklist.* Michigan Team Nutrition, Michigan State University Extension, 2002. <http://www.msue.msu.edu/fnh/tn/booklistintro.htm>
- Nibbles for Health: Nutrition Newsletters for Parents of Young Children.* U.S. Department of Agriculture, March 2003. <http://www.fns.usda.gov/tn/Resources/nibbles.html>
- Nutrition Activities for Preschoolers.* Debby Cryer, Adele Richardson Ray and Thelma Harms. Dale Seymour Publications, 1996.
- The Adventures of Captain 5 A Day.* Connecticut Departments of Public Health and Social Services, 1999.
- The Foods I Eat...The Foods You Eat: Multicultural Nutrition Guide for Early Childhood Settings.* Robert Duyff and Patricia McKissack. Many Hands Media, 1996.
- Tickle Your Appetite: Team Nutrition's Nutrition Education Kit for Child Care.* U.S. Department of Agriculture, 1998. <http://www.fns.usda.gov/tn/Resources/tickle.html>
- Tips for using the Food Guide Pyramid for young children 2 to 6 years old.* U.S. Department of Agriculture, 1999. <http://www.usda.gov/cnpp/KidsPyr/PyrBook.pdf>
- Training for Healthy Eating: A Curriculum Guide for Preschool Teachers.* Patricia Morris and Mary Hynes, Public Voice for Food and Health Policy, 1992.
- Vegetable Magic: A Preschool and Kindergarten Nutrition Education Source Book.* Michele Palmer and Arline Edmonds, Connecticut Nutrition Education and Training Program, 1993.



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### Food Safety

*Center for Food Safety and Applied Nutrition:* Gateway to lots of government food safety information.  
<http://www.foodsafety.gov/>

*Fight BAC™ Campaign (The Partnership for Food Safety Education):* Lots of resources, lessons for kids, etc. to help implement this national campaign to educate the public about safe food handling.  
<http://www.fightbac.org/main.cfm>

*Food and Drug Administration:* Access food safety information, including FDA Food Code and kids' page (<http://www.fda.gov/oc/opacom/kids/default.htm>) on food safety with information and resources.  
<http://www.fda.gov>

*Foodborne Illness Education Information Center (USDA/FDA):* Regularly updated database of consumer and food worker educational materials, including computer software, audiovisuals, posters, games and teaching guides for elementary and secondary school education; training materials for the management and workers of retail food markets, food service establishments and institutions; educational research and more. <http://www.nal.usda.gov/foodborne/>

*Food Safety Materials (USDA):* Contains PDF versions of all food safety materials and resources developed for child nutrition programs by USDA Food and Nutrition Services.  
<http://schoolmeals.nal.usda.gov/Safety/FNSFoodSafety.htm>

*Food Safety Mini Posters (National Food Service Management Institute):* Fourteen Food Safety Mini-posters in English on one side and Spanish on the other. Topics include hand washing, thermometers, the Danger Zone and other food safety topics.  
<http://www.nfsmi.org/Information/postindx.htm>

*Food Safety Music (University of California, Davis):* For fun food safety education. Click on "Food Safety Music" on left scroll bar. <http://foodsafety.ucdavis.edu/>

*Food Safety Song/Coloring Sheet.* FDA Center for Food Safety and Applied Nutrition, August 2000.  
<http://www.foodsafety.gov/~fsg/f00color.html>

*Hand Washing Food Safety Links (Foodborne Illness Education Information Center):*  
<http://peaches.nal.usda.gov/foodborne/fbindex/Handwashing.asp>

*HACCP Manager's Self-Inspection Checklist, U.S. Department of Agriculture, 1999:*  
<http://schoolmeals.nal.usda.gov/FoodSafety/ManagersChecklist.pdf>

*International Food Safety Council:* A coalition of restaurant and foodservice professionals whose goal is to promote food safety education within the industry, and convey the industry's commitment to serve safe food to the public. Site has a variety of resources on food safety.  
<http://www.foodsafetycouncil.org>

*Kansas State University:* Includes food safety tips, fact sheets and newsletter and links to other food safety sites. <http://www.oznet.ksu.edu/foodsafety/welcome.htm>

*Kids, Teens and Educators Page.* U.S. Department of Agriculture Food Safety and Inspection Service Website. Includes games, puzzles, coloring sheets and information.  
<http://www.cfsan.fda.gov/~dms/educate.html>

*Safe Food for Children – A Series of Lessons for Parents and Child Care Providers.* Kansas Cooperative Extension, 1992.

*Safe Food in Connecticut (University of Connecticut Cooperative Extension System):* Information and resources, including fact sheets on food safety, food safety in the news and ask the experts.  
<http://www.canr.uconn.edu/ces/foodsafety/index.html>

*USDA Food Safety and Inspection Service (FSIS):* Includes food safety news updates, consumer education and information, and publications. <http://www.fsis.usda.gov/>



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### Websites

*Bright Futures in Practice: Nutrition.* National Center for Education in Maternal and Child Health, 2000.  
<http://www.brightfutures.org/nutrition/index.html>

*Bright Futures in Practice: Physical Activity.* National Center for Education in Maternal and Child Health, 2001. <http://www.brightfutures.org/physicalactivity/about.htm>

*Caring for Connecticut's Children, A Handbook for Parents and Caregivers of Young Children: Volume 1 Promoting Health and Safety.* Child Health and Development Institute of Connecticut, Inc., January 2004. [http://www.chdi.org/resources\\_download.htm](http://www.chdi.org/resources_download.htm)

*Centers for Disease Control: "A-B-C's of Safe and Healthy Child Care."*  
<http://www.cdc.gov/ncidod/hip/abc.htm>

*Child Care Nutrition Resource System:* Provides recipes, resources and information on preparing nutritious meals and food safely. <http://www.nal.usda.gov/childcare/>

*Child Nutrition: A Focus on Preschool – Guidance for Early Care and Education Programs.* Connecticut State Department of Education, 2001. <http://www.state.ct.us/sde/deps/early/ChildNutCP.pdf>

*Childcare.gov:* Website on all federal agency child care resources in one place. <http://www.childcare.gov/>

*Children's Nutrition Research Center, Baylor College of Medicine, Texas:* USDA research center dedicated to defining the nutrient needs of healthy children. Includes "Nutrition and Your Child" newsletter. <http://www.bcm.tmc.edu/cnrc/>

*Dietary Guidelines for Americans 2005.* U.S. Department of Agriculture and U.S. Department of Health and Human Services, 2005. [http://www.usda.gov/cnpp/dietary\\_guidelines.html](http://www.usda.gov/cnpp/dietary_guidelines.html)

*Dietary Guidance for Healthy Children Aged 2 to 11 Years, Position of the American Dietetic Association.* Journal of the American Dietetic Association; 1999:93-101.  
[http://www.eatright.org/Public/GovernmentAffairs/92\\_adap0199.cfm](http://www.eatright.org/Public/GovernmentAffairs/92_adap0199.cfm)

*Ellyn Satter:* Great resources available for purchase from an expert in the field of children's eating and feeding. <http://www.ellynsatter.com/>

*Feeding Young Children in Group Settings (University of Idaho):* Best practice resources to provide a nurturing feeding environment for young children. Contains a variety of educational materials, learning activities, and resources for child care providers, Head Start teachers, food service workers, and other professionals who prepare and provide food to young children in group settings.  
<http://www.ag.uidaho.edu/feeding/index.htm>

*Feeding Young Children in Group Settings Handouts (University of Idaho):* Includes Six Principles for Feeding Young Children in Group Settings, Creating a Developmentally Sound Feeding Environment, Choices for Children's Health and Well-Being, and Common Questions About Feeding.  
<http://www.ag.uidaho.edu/feeding/activities.htm>

*Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans.* U.S. Department of Health and Human Services, U.S. Department of Agriculture, 2005.  
<http://www.healthierus.gov/dietaryguidelines/>

*Food and Nutrition Resource List for Child Care and Preschool Staff:* Food and Nutrition Information Center, January 1998. <http://www.nal.usda.gov/fnic/pubs/bibs/edu/98-child.htm>

*From the Trainer's Tablet: Lessons for Family/Home Child Care Providers.* National Food Service Management Institute, 2001. Lesson plans developed for child care providers to train staff on providing nutritious meals for young children.  
<http://www.nal.usda.gov/childcare/Resources/Training.html>



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*Growth Charts (Centers for Disease Control and Prevention, 2000)*: Includes pediatric growth charts (English, Spanish and French), Frequently Asked Questions, interactive web-based training modules, PowerPoint presentation, and a link to WIC-specific growth charts (for ages 2 to 5 years).  
<http://www.cdc.gov/growthcharts/>

*Kidcare*: Lots of resources for child care centers and family day care homes, including nutrition.  
<http://www.kidcare.net/>

*Kids Health (The Nemours Foundation)*: Lots of information on kids' health, including food and fitness.  
<http://www.kidshealth.org>

*Making Food Healthy & Safe for Children: How to Meet the National Health and Safety Performance Standards – Guidelines for Out-of-Home Child Care Programs*. Graves DE, Suitor CW, Holt KA, eds. National Center for Education in Maternal and Child Health, 1997.  
<http://www.mchlibrary.info/pubs/default.html#childcare> (Scroll down to "Child Care" and PDF files for each chapter are below.)

*Mealtime Memo for Child Care (National Food Service Management Institute)*: Newsletter for the Child and Adult Care Food Program that reinforces the importance of the Food Guide Pyramid and the Dietary Guidelines for Americans. <http://www.nfsmi.org/Information/index.html>

*National Child Care Information Center*: National resource that links information and people to complement, enhance, and promote the child care delivery system, working to ensure that all children and families have access to high-quality comprehensive services. <http://nccic.org/>

*National Center for Education in Maternal and Child Health (NCEMCH)*:  
<http://www.brightfutures.org/resourceFrameset.html>

*National Institute of Child Health and Human Development*: <http://www.nichd.nih.gov/>

*National Network for Child Care*: Through USDA's Cooperative Extension, offers lots of information on nutrition (<http://www.nncc.org/Nutrition/nutr.page.html>) and other topics related to young children.  
<http://www.nncc.org/homepage.html>

*Nibbles for Health: Nutrition Newsletters for Parents of Young Children*. U.S. Department of Agriculture, March 2003. Developed for child care center staff and parents of young children enrolled in child care centers. This kit offers child care center staff guidance on conducting discussions with parents in three "sharing sessions" and accompanying posters. The kit also contains 41 reproducible parent newsletters. <http://www.fns.usda.gov/tn/Resources/nibbles.html>

*Nutrition and Your Child Newsletter (Children' Nutrition Research Center, Baylor College of Medicine)*:  
<http://www.bcm.tmc.edu/cnrc/consumer/nyc/nyc.htm>

*South Dakota State University*: National Health and Safety Performance Standards Guidelines for Out-of-Home Child Care. <http://www.abs.sdstate.edu/flcs/food/contents.htm>

*Virginia Extension Service*: Nutrition for preschoolers.  
<http://www.ext.vt.edu/cgi-bin/WebObjects/Docs.woa/wa/getcat?cat=ir-hnf-cn-pre>

*WIC Works Resource System*: Includes reports, resources, handouts and other materials.  
<http://www.nal.usda.gov/wicworks/>

